

Signs of Healthy Aging vs. Mild Cognitive Impairment vs. Dementia

The chart below highlights how mild cognitive impairment differs from the changes seen in healthy aging and dementia.*

	Healthy Aging	Mild Cognitive Impairment	Dementia
Sometimes forgetting which words to use	✓		
Losing things from time to time	✓		
Missing a monthly payment occasionally	✓		
Difficulty coming up with words		✓	
Losing things often		✓	✓
Forgetting to go to important events		✓	✓
Trouble having a conversation and/or reading and writing			✓
Asking the same question or repeating the same story over and over			✓
Difficulty with basic daily activities			✓
Problems handling money and paying bills			✓
Becoming lost in familiar places			✓
Hallucinations, delusions, and paranoia			✓

*This is not a complete list of all symptoms associated with these conditions, but it is designed to show how the symptoms differ.